



is for  
everyone.



# wise choice munchie map

lower calories • lower fat • lower sodium

**Deaconess and the West Side Nut Club** have teamed up for an eighth year to recognize lower calorie, lower fat and lower sodium Wise Choices at the Fall Festival.

The eighth annual Wise Choice program features 22 booths, offering 34 food items that are healthier options for people who want or need them.

Because of the Wise Choice program, individuals who may have health issues (such as diabetes or heart disease), or who simply want some healthier choices will be able to find those options more easily.

All recipes were analyzed by Deaconess dietitians and certified to meet the following Wise Choice criteria:

#### **Snacks and Sides**

- Calories: 500 or less
- Saturated fat: 5 grams or less
- Sodium: 500 mg or less
- No fried foods

#### **Entrees**

- Calories: 500 or less
- Saturated fat: 5 grams or less
- Sodium: 750 mg or less
- No fried foods

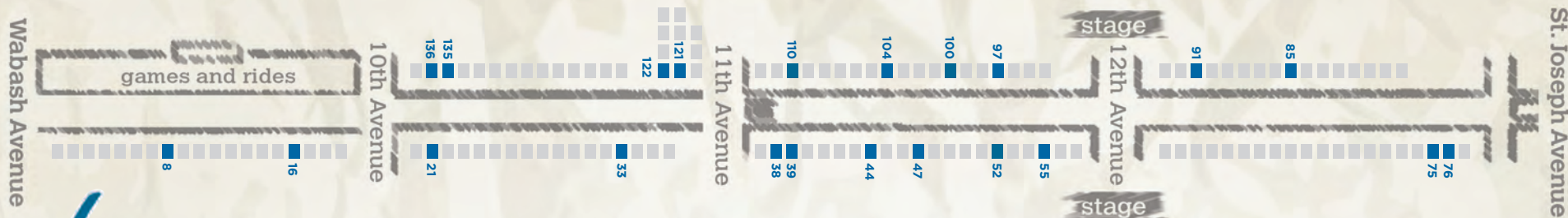
**Desserts and sweets** must be made with fruit, and also must meet the other criteria.

Many items previously offered at the Fall Festival already met our Wise Choice criteria. Some are brand new “culinary creations,” and others are alternate versions of existing recipes (such as offering a sugar-free option).

**We thank the booths who worked with us to bring these healthier options to you at the Fall Festival.**



Share the experience with your friends and the tri-state, and Tweet What You Eat! #WiseChoiceFF • [www.deaconess.com/wisechoice](http://www.deaconess.com/wisechoice)



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#	Organization/Item(s)	Cal	Fat	Sodium	Carb
8	<b>Eagle's View Church</b> Stuffed Pepper Soup	346	.1g	436	
16	<b>Potters Wheel</b> Grilled Chicken Kabobs	200	1.5g	520	15
21	<b>Bethel Temple</b> Grilled Chicken Sandwich Kidz Meal <i>(Smucker's Uncrustable PBJ sandwich, fruit snacks, Capri Sun)</i>	467 350	2.6g 2g	402 275	64 0
33	<b>Salem Church of Darmstadt</b> Smoked Turkey Slider (NEW)	150	1g	750	15
38	<b>USI Art Club</b> Corn on the Cob	160	2g	135	
39	<b>Westside Kiwanis Club</b> Grilled Chicken Breast Sandwich	217	2.3g	470	
44	<b>Knights of St. John</b> Grilled Pork Tenderloin	333	2.77g	437	
47	<b>Evansville Racing Pigeon Club</b> Apple Slices with Caramel Hay Stack	147 398	.5g 4.3g	74 501	
52	<b>Harrison Music Boosters</b> Fool Moon Vegan Wrap (NEW) Carrots and Celery w/ Ranch	321 191	2.5g 2.5g	510 344	46 4
55	<b>Salem United Methodist Church</b> Sweet Potato	340	2.5g	165	60
75	<b>Vanderburgh Humane Society</b> Caramel Apple Slices with Nuts (optional)	320 (340)	0g (<1g)	290 (290)	
76	<b>Cynthia Heights PTA</b> Fruit Fluff	125	3g	165	41

#	Organization/Item(s)	Cal	Fat	Sodium	Carb
85	<b>Christ Gospel Church</b> Sugar Free Apple Dumpling Sugar Free Banana Nut Bread Sugar Free Pumpkin Bread Pumpkin Bread Zucchini Bread Banana Nut Bread Baked Potato with Chicken Baked Potato with Pork BBQ Chicken Sandwich	353 63 98 156 139 101 493 498 325	4.77g .66g .535g .535g .56g .69g 3.3g 4.55g 0	389 110 156 156 96 103 419 461 580	22 9.4 14 31 24 18
91	<b>Bosse Band Boosters</b> Jerk Chicken in a Boat	165	1.5g	470	3
97	<b>Greater EVV Figure Skating Club</b> Meatballs with Marinara Sauce Veggie Tray (with ranch dressing)	338 198	3.5g 2g	450 328	
100	<b>St. Peters UCC</b> Sour Grapes (NEW)	42	0	29	11.5
104	<b>Alpha Sigma Alpha</b> Fruit Haystacks	210	2g	32	
110	<b>Evansville Day School</b> Baked Potato (salt, pepper, chives)	165	(<1g)	325	35
121	<b>Tekoppel Tiger Den</b> Jungle Fruit Salsa	81	.2g	2	20
122	<b>R-Men's Varsity Club</b> Marinated Grilled Chicken Breast	498	1.9g	488	
135	<b>Youth Resources</b> Pretzel Bites	230	1.5g	255	
136	<b>Evansville Rescue Mission</b> Classic Macaroni and Cheese (NEW)	430	2.2g	300	47

**Enjoy your Fall Festival favorites in moderation.**

Perhaps split an item or two with a friend or family member. That way you get to sample a variety!

**The length of the Fall Festival—from St. Joe Avenue to Wabash Avenue—is a third of a mile.**

Walking the length of the Fall Festival and back, a 150 pound adult would burn 50 calories if walking at a stroll of 2 miles per hour.

**Save calories and hydrate yourself by drinking bottled water instead of sodas.**

Many booths sell bottled water, so it's a great way to support a variety of organizations.



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Look for Wise Choice options on the "FALL FESTIVAL PAL" app. Available for free on Google Play and the Apple App Store.

